

ORGAMITES®

MIGHTY EDUCATION PROGRAMME

DISCOVER MORE AT ORGAMITES.CO.ZA

2. FAMILY RESOURCES

TOOLKIT 1: MIGHTY ME

ALL ABOUT ORGANS



IN PARTNERSHIP WITH



ONASSIS
FOUNDATION



BLOOD
PLASMA
STEM CELLS
ORGANS & TISSUES

Organ Donation
Northern Ireland



READY TO SAVE THE DAY?

It's not fair or right, but some of the biggest problems of our day have a disproportionately large impact on the smallest and youngest amongst us.

Around the world, there's a critical shortage of life-saving organs, especially for children. In fact, kids tend to wait two and a half times longer than adults. Many die waiting.

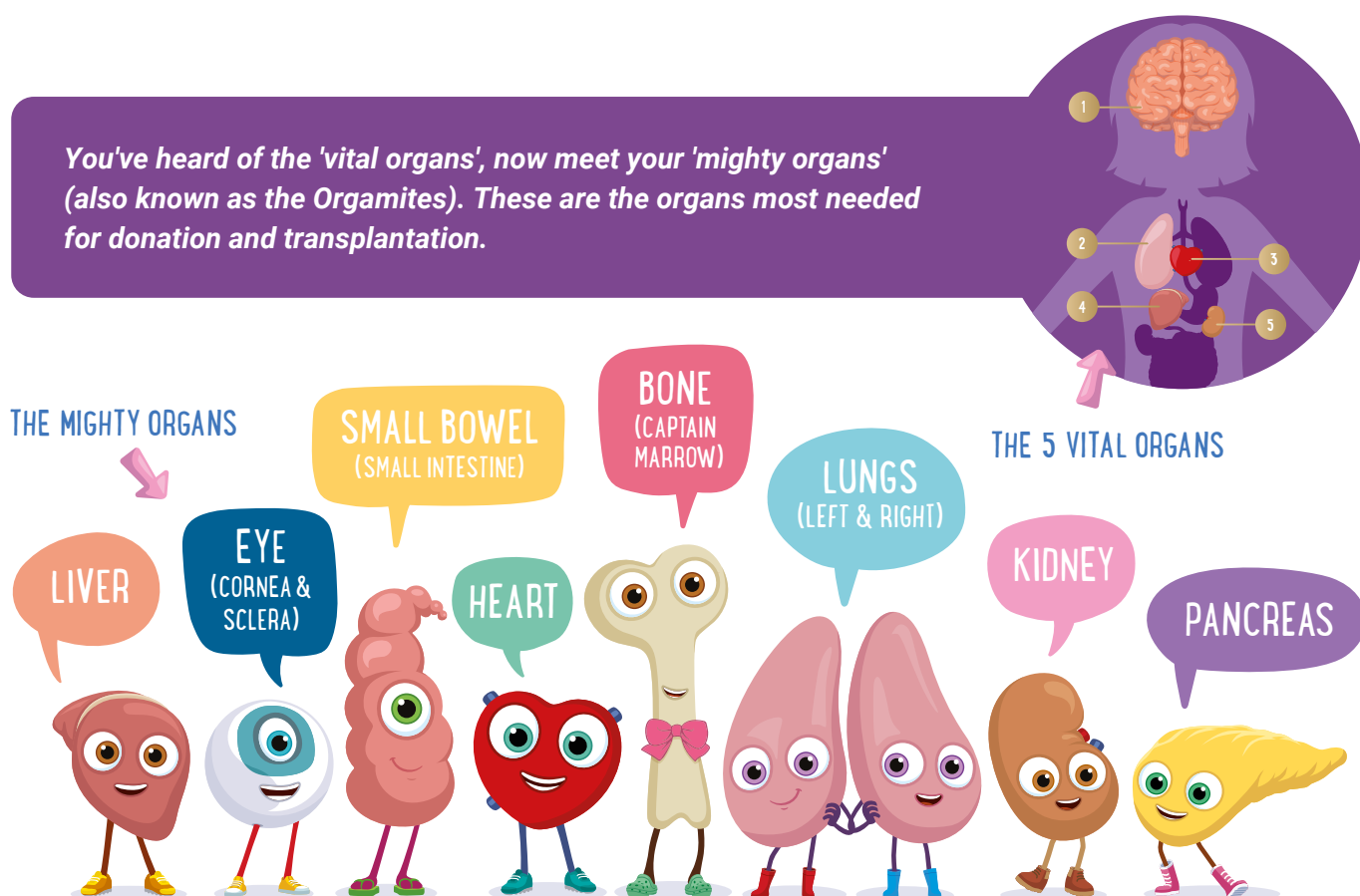
What's more, according to the World Health Organisation, there are several major crises facing the next generation. Most of these are health-related. All of them are fixable, if we work together.

So while flying superheroes in capes might not exist — **you do**. And together with the children under your care, plus a little help from the Orgamites, you can change the world...

WHO ARE THE ORGAMITES?

A team of life-saving organs found in each one of us, the Orgamites were created to help empower more families to have more conversations about organ donation, all in the hopes of slowly but surely increasing the amount of organs donated, and the number of subsequent lives saved.

The only organ donation and health education programme of its kind created for kids from the age of 5 to 11, every Orgamites resource deals with one or more of the major health gaps facing the younger generation (as identified by the World Health Organisation and other leading health authorities).



CAN CONVERSATIONS REALLY CHANGE THINGS?

Time and time again, it's been proven that the single biggest deciding factor between those who choose to donate their organs, and those who do not, comes down to whether they've talked about organ donation with their loved ones (even just once) before they (or their loved ones) pass on. The earlier these conversations happen within families, the better.

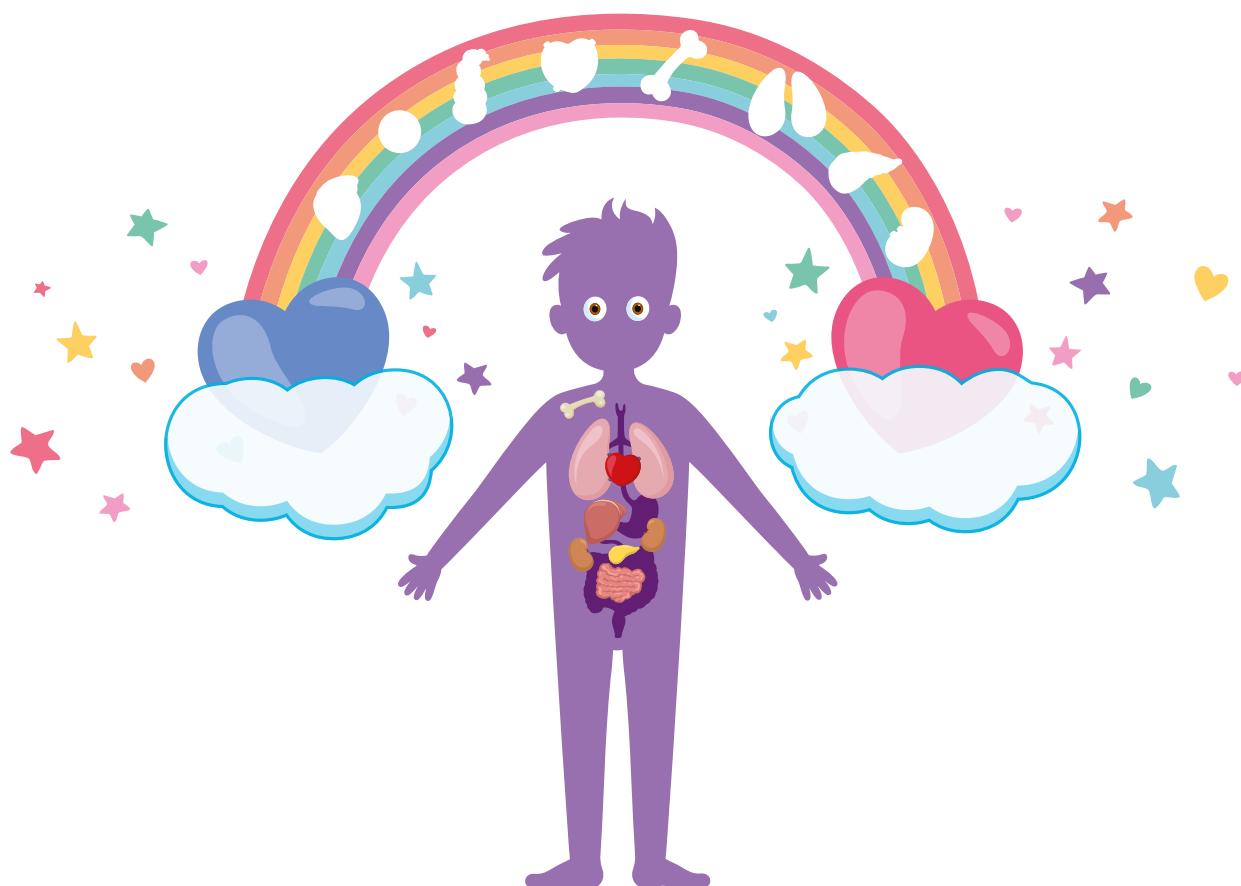
Talking about organ donation amongst family members also offers a valuable opportunity to dispel any myths or confusion, and can help children make compassionate, proactive choices regarding their health and bodies. With the significant rise in chronic diseases among children, focusing on these issues is key to highlighting the importance of early preventive healthcare.

With a little help from the Organites' Mighty Education Programme, more families everywhere are having the kinds of conversations that ultimately save lives and change the world – for good!

At school, your child has been learning:

1. All about their organs and the amazing things they do.
2. The difference between vital and mighty organs.
3. Organ donation and transplantation, and the positive, life-saving impact it can have.

You can find out more at: [Orgamites.co.za](https://www.orgamites.co.za)



LET'S TALK

Stranger danger, table manners, the birds and the bees... there are so many potentially tricky talks we're told to have with our kids, but one of the most important ones is often left at the very bottom of the list, or worse – never brought up at all!

It's the topic of organ donation and death.

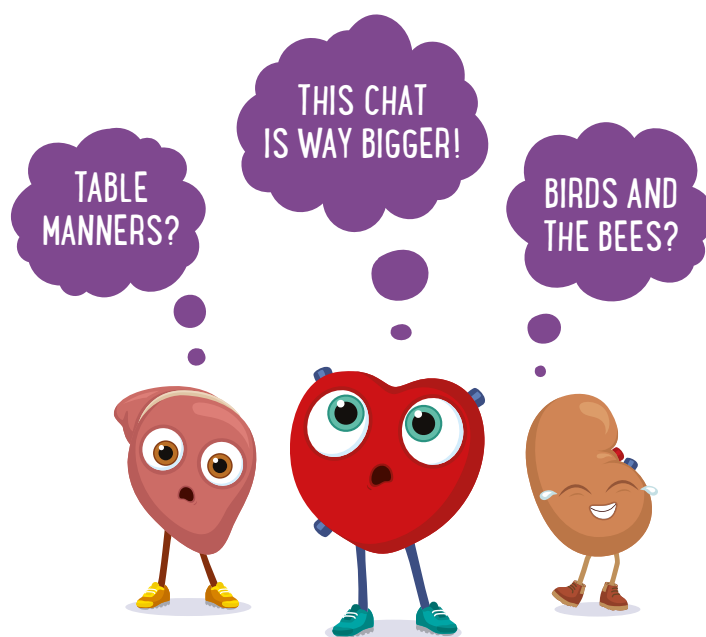
Far from being a mood killer – here's why these conversations save lives (literally):

- Unlike so many of the other 'tricky' topics, death is a certainty. If we don't have these tough conversations, we leave our kids (and ourselves) less equipped to deal with death when (not if) it strikes.
- Thankfully, for most families, parents will pass away long before their children. However, none of us can know this for certain. If the worst was to happen, and either we (as parents) pass away unexpectedly, or our children do, talking together long beforehand about our thoughts and choices regarding organ donation and death significantly reduces the stress and grief experienced by those left behind.
- Having never talked about death or organ donation with their loved ones, grieving parents seldom consent to donate their child's organs. This, despite there being a critical shortage of organs for kids in need (who typically wait two-and-a-half times longer for an organ – and often die waiting).
- Families who do have these conversations report them being a source of great comfort. What's more, families who go on to donate their loved one's organs often find this to be an additional source of consolation. In the midst of tragedy and loss, knowing that other lives have been saved thanks to organ donation, provides at least one ray of hope in an otherwise dark time.

Need a little help kicking off the conversation? No problem, we're way ahead of you...

“I've always found it hard to talk about certain subjects with my kids, especially those related to death and organ donation. It's not an easy topic to broach, but it's a conversation that is so important to have. I struggled to find the right way to approach the subject until I discovered Organites. With their help, I was able to have an open and honest conversation with my kids about the importance of organ donation and how it can save lives.”

- Glynn Gibb, dad of two kids, UK

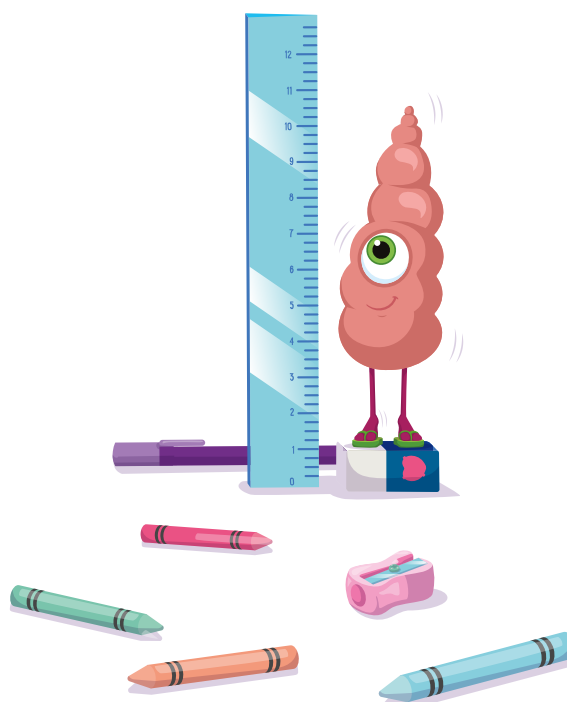


HOW TO TALK ABOUT ORGAN DONATION AND DEATH

- As with every important topic, don't aim to have one big, heavy conversation but many smaller, lighter ones instead. The aim is not to 'fire hose' your kids with information, but rather drip-feed a little at a time, in keeping with what they are able to hear and absorb. Think of the first conversation as the first step in a long and winding journey.
- Try to keep it upbeat! Children are often surprisingly unsentimental and accepting of the concept of life and death (especially if you, as their parent, are too). From the age of around 5 to 7, most kids have thought about the reality of death – perhaps their pet fish has died, or a grandparent, or they've wept for a movie character. Make sure they're processing this dawning realisation of life's fragility and finiteness in the healthiest way possible. Provide honest answers to their questions that can be built on over time, and give them lots of opportunities to express their feelings.
- Let them share their thoughts, fears, and questions. Really listen. It's okay not to have all the answers, but just make sure you validate their feelings (whatever they may be). This goes for all big parent-kid conversations – the less negative or dramatic our reaction, the more honestly they'll share with us in the future.

WHAT TO TALK ABOUT

- Talk about the fact that life as we know it is precious, precisely because it isn't never-ending. None of us know what tomorrow may bring and that's why we should be grateful for every new day and the opportunities it brings with it for us to love and be loved, to help and be helped.
- Let your kids know that you are okay with this reality - it's part of what makes you be more present - and treasure every single day.
- One day, when you (as their parent) pass on (hopefully in a very, very long time from now), what do you want them to remember most about you? Talk about this with them. Perhaps you also would like to share what you believe will happen when we die – whatever your beliefs may be.
- When our lives do eventually end, let them know about the various choices available – regarding organ donation and our remains.
- Perhaps this would be a good time to let them know what you have decided in both cases, and ask them if they have any questions or choices of their own.



Children under 4:

Young children are generally not able to grasp any complex ideas about their bodies and organs. They are certainly interested in what's on the outside of their bodies though. Pointing these things out is a good basis to build on for later conversations about what's going on in the inside. Point out their ears, tummy, fingers and toes, with simple explanations about what each part does.

Children 5-6:

Start talking about what's on the inside: the different organs and what they do. You could say, "Here is your heart, can you feel it going ba-boom, ba-boom?" or "Here is your tummy where the food goes" or "Here are your lungs that are like big balloons inside, filling with air every time you breathe." Take the lead from your child and don't worry if they really don't seem interested – all children develop at different rates. You can also start to talk to them about which healthy foods and exercises strengthen which body parts and organs.

Children 6-8:

Use the Organamites as a way of introducing the subject of health, organ donation and transplantation in a friendly and positive way, focusing on how each organ works, where it is, and how many can be replaced.

Children over 9:

Children can now understand proper explanations of their organs and realise that people can get sick and die. You should always stress that this is very unlikely in children - that most live long, happy lives. Talk about your own feelings about death, and what your choices are regarding organ donation.

Need some conversation kick-starters? Look no further! There are loads on the very next page!

COMMON REACTIONS

Not bothered:

A lot of kids are surprisingly unsentimental and will move on from these chats fairly quickly.

Quiet:

It's also normal for kids to not say much at all as they process the information they're learning. They're probably okay, but be sure to check in with them a bit later to see if they have any questions or concerns.

Upset:

In this case, stop the conversation, reassure your child, and change the subject. Come back to it when they're ready.

If your child is positively receptive, consider making the 'Mighty Pledge' together (it's on the back of this booklet). You could even stick it on your fridge, their bedroom door, or frame it for their wall!



MIGHTY CONVERSATION STARTERS!

Time to get chatting and voicing our choices!

The first set of questions are designed to get your child sharing what they have learnt at school with the rest of your family. The second set are fun conversation-starters for the whole family to answer!

For the little (big) experts:

Move over TED Talks - it's time to let the kids do the talking around our dinner tables!

- Can you tell your family what a vital organ is?
- What makes an organ mighty?
- Can you name any 5 of the mighty organs?
- Can you explain what an organ donor is?
- Which is your favourite mighty organ and why?

Now it's everyone's turn!

Take turns each answering the questions below, one at a time.

- Knowing what you now know about each mighty organ - which one are you most like?
- Which mighty organ is the person seated to your right most like?
- Share one thing that makes this person mighty (in your opinion).
- Would you choose to be an organ donor one day?

More mighty fun!

Pick an organ or body part.

- Can you describe the organ or body part to a family member using just three clues?

Clue sentence starters

Use these sentence starters for your clues or create your own!

- I can be found...
- My function in the body is...
- Without me...

“The Organites are an invaluable tool which is child-friendly and gently introduces the topic of organ donation. Focusing on the individual organs, through cute Organite characters not only ties into the School Curriculum but allows children to understand the function of organs and their interrelationship. You can use the Organites in a whole school assembly which is well-received and leads to many questions afterwards”

- Karen Walstra, Gr R-2 teacher and mother of Coreen, recipient of a liver transplant who was diagnosed at 1 year old with hepatitis



OUR MIGHTY APPROACH

Created to help kids everywhere take better care of their health, each other, and the entire planet, the Orgamites' range of educational toolkits is unlike any other.



They're foundational

This is where it all starts. No programme builds a lifelong foundation for health like the Orgamites Mighty Education Programme. We don't just introduce the essentials of health education—we make them stick. Because lasting health starts with education and positive behaviour change.

They inform!

Of course, knowledge is power – so we provide loads of it (all science-backed, medically verified and packaged for kids), but our educational resources don't stop there.

They inspire!

If we're aiming to motivate kids to live mighty, we must capture their imaginations, not bore them to death! Instilling students with more awe and wonder (about their bodies and the world and people around them) is fundamental to our approach.

They empower!

To embolden kids to not just know better, but live better, every Orgamites resource is anchored in fun challenges and practical action steps that lead to incremental improvements and personal ownership.

They're FREE!

We believe that all kids everywhere deserve a fighting chance of a brighter future. That's why we're committed to delivering world-class resources for every school, at no cost!

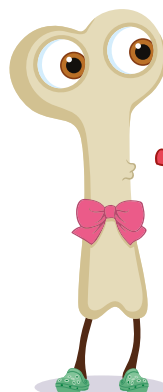
They really work!

Just like the hidden veggies in every mum's spaghetti bolognese, all the important stuff is in there, but the kids won't see it coming! Never competing with existing curriculum, Orgamites' resources aim to rather complement it – filling in the major health and social education gaps to help avert some of the most significant crisis of our time.

SAVE THE DATE!

Orgust, formerly known as August, is our 'National Organ and Tissue Awareness Month,' a month of activities and events all dedicated to promoting organ donation education among children, teachers, and families the world over. By highlighting the importance of organ donation and encouraging more people to consider organ donation, we hope to create a worldwide movement that will impact generations to come and save countless lives too.

Save the date at [Orgamites.co.za](https://orgamites.co.za)



MIGHTY FAQ

Should we really talk to kids about organ donation?

The majority of school-going children value being informed about what their various organs actually do, how to keep healthy, and what organ donation and transplantation is all about. Yet, many teachers, parents, and healthcare professionals believe they lack the necessary information and resources to address the topics adequately. In every country where the Organites educational tools and resources have been introduced, the feedback has been overwhelmingly positive. Such multi-faceted, long-term strategies are gradually increasing the number of organs donated, reducing the lengthy waiting lists, augmenting the number of lives saved, and ultimately normalising organ donation. What's more, they're bridging the health education gaps to ensure there are far less pitfalls for the next generation to fall into.

Ultimately, regardless of what children learn about organ donation at school, the final decision always resides within families. The Organites Mighty Education Programme focuses on presenting the possibilities and scientific facts, leaving the organ donation conversation to parents and guardians.

What is the organ donation situation in our country?

Currently, around 8,000 people in South Africa are awaiting life-saving transplants, including about 40 children. Every day someone dies while waiting for an organ transplant. Children tend to wait two and a half times longer than adults, owing to a significant shortage of child organ donors, leading to children and their families waiting for a life-saving donation that tragically doesn't always come to fruition.

Why are there family resources for kids to take home?

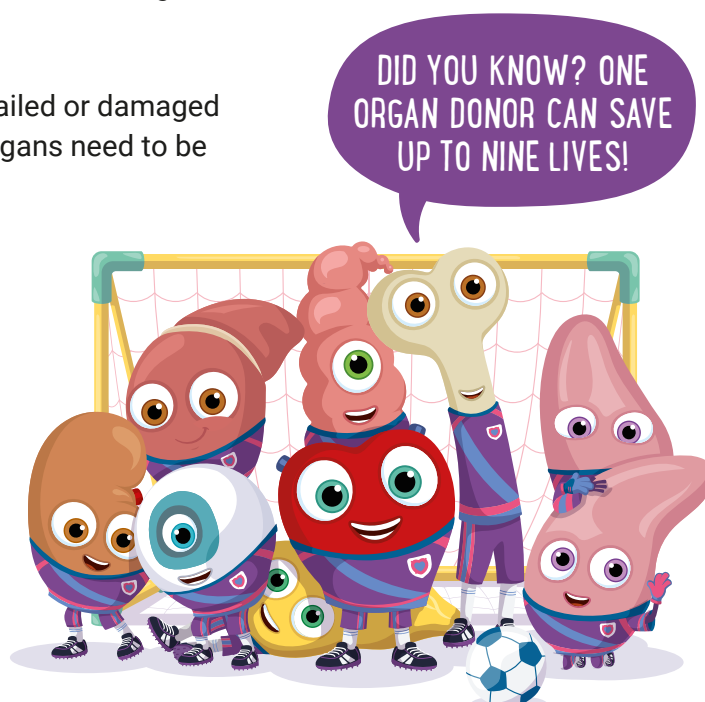
These have been specifically created to inform parents, allay any fears they may have, and equip them to have more conversations with their children at home. In the UK, regardless of the 'opt out' system, family members are always asked to make the decisions about organ donation at the end of life. Knowing how each member of your family feels regarding organ donation can make these painful decisions far simpler and less stressful. Unfortunately, very few have had this conversation with their families. A family discussion in a safe, comfortable place (long before there's any pressing need) is the best way for everyone to share their choices and learn together.

What is an organ transplant?

It's a special operation when doctors replace a failed or damaged organ with a healthier one. For this to happen, organs need to be donated by organ donors.

“Far from turning into a heavy discussion, my kids loved learning a little more about organ donation and transplantations—I suspect the fun Organites characters had a lot to do with this! We talked about how amazing our bodies and organs are, and how clever medical advancements now allow so many more people a second chance at life. They were thrilled to hear about my choices regarding organ donation, and happy that they could voice their own decisions too.”

- Julie Williams, mum of five, South Africa



Can children register an organ donors?

In South Africa, children under 18 require parental consent in order to register as organ donors. Even in the case of registered donors, the parents or guardians of children will be consulted before organs are harvested for donation and used in transplant operations. Doctors and hospitals in this country are highly aware of sensitivities around this issue and organs will never be removed without proper consultation and consent from parents.

What can be donated?

The following can be donated after death: heart, lungs, kidneys, liver, pancreas, small bowel (small intestine) and tissues which include bone, eyes (cornea and sclera), skin, tendons, heart valves and arteries. Living donors can donate a kidney or part of their liver, bone marrow (stem cells), and blood. For organ transplants where a child is involved, living donors are normally a close relative with parents being the most common donors.

Can children and adults donate organs to one another?

While some organs can be donated regardless of the age and size of the donor and recipient, other organs (like the heart and lungs) need to be a certain size, and therefore require that donor and recipient are in a similar age bracket. Sadly, children tend to wait two and a half times longer for organs due to this fact.






Got questions or ready to share your Orgamites art?

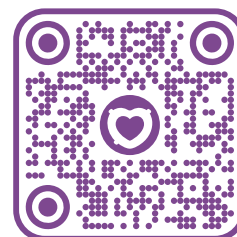
For any questions, to share your art with us, to enquire about a Golden Heart Award for your school, or to download free Orgamites resources, visit: [Orgamites.co.za](https://orgamites.co.za)

The Orgamites Mighty Education Programme is brought to you by All Good Co. in partnership with Live Life Give Life, Onassis Foundation, Canadian Blood Services, Organ Donation Northern Ireland, the Public Health Agency, British Transplant Society, South African Transplant Society, Transplant Education for Living Legacies (TELL) and European Society for Organ Transplantation (ESOT).

YOUR INPUT MAKES A BIG IMPACT!

Please visit our 'Resources Hub' on the Orgamites website to provide us with much-needed feedback, and please encourage as many other teachers, students and parents to do so too. Don't forget to...

-  1. Know Your Mighty Parts (off by heart)
-  2. Know Your Options
-  3. Share Your Choice
-  4. Take The Mighty Pledge
-  5. Be Your Mighty Self!



[Orgamites.co.za](https://orgamites.co.za)



ORGAMITES®

MIGHTY PLEDGE

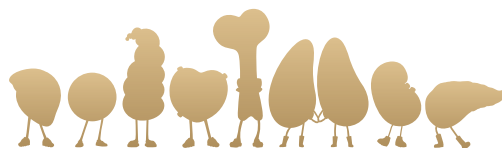
Our world is precious, and fragile too
I commit to look after it and take the long view...
I'll try to recycle and put litter in bins,
I'll upcycle too and reuse my things.

Every person is special, whether old or young
We all just want love so I honour each one.
I'll treat all the people I meet with respect every day
And be as kind as can be in my own unique way.

My body is mine and it's perfect for me
So I'm thankful for it, I'm as proud as can be.
I pledge to look after it and to be kind to each part
From my head to my toes, from my kidneys to heart.

And if one day, these parts I don't need,
You can pass them along as my final good deed.
After all, it's not outside looks or clever tricks that truly astound,
We're all beautiful and precious - it's what's inside that counts!

NAME OF PLEDGER

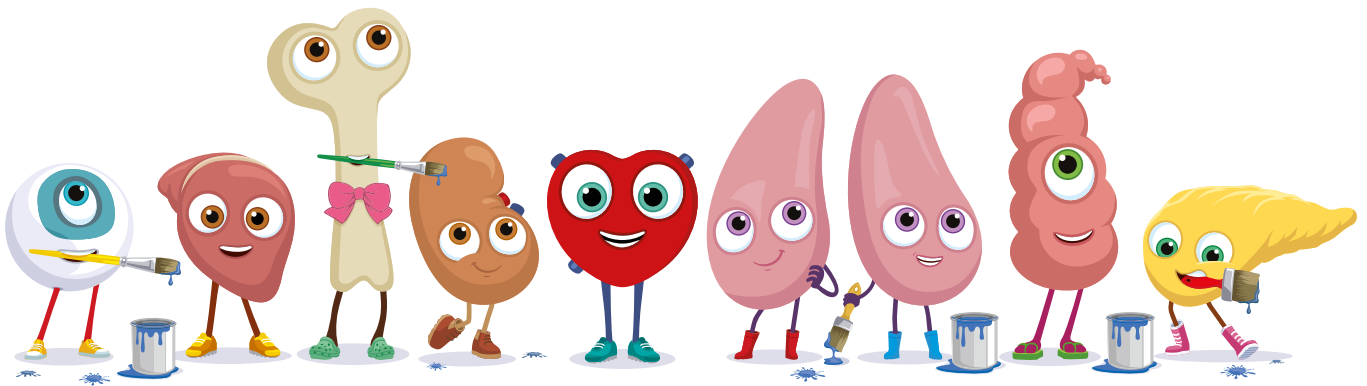


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IT'S WHAT'S INSIDE THAT COUNTS!



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